
THE REAL CAFE

BRUNCH

THE REAL OMELET \$11

Stuffed with seasonal veggies and raw cheddar cheese. Add bacon \$2 or sausage \$4

THE BREAKFAST CLASSIC \$13

Two eggs (made to order), sautéed in butter, house-made sausage patty, sautéed veggies, crispy potatoes and two slices of toast.

EGG SANDWICH \$10.50

Two fried eggs with raw cheddar cheese, topped with sautéed onions, and spinach served on a millet roll. Comes with choice of one side.

SPROUTED FRENCH TOAST \$8

Two slices of pan-seared sourdough bread, served with real maple syrup and fresh fruit.

CREAMY OATMEAL \$8

Sprouted oatmeal made with cream, butter, topped with maple syrup and fresh fruit.

BISCUITS AND GRAVY \$11

House made biscuit served with house made gravy, scrambled eggs and crispy potatoes.
Add sausage \$4

SIDES

Fresh Fruit \$5
Sautéed seasonal veggies \$4
Crispy Potatoes \$4
Two Eggs Cooked in Butter \$4
Sausage Patty \$4

HOUSE SALAD

Mixed greens and seasonal veggies, tomatoes, cucumber and red onion. Choice of dressing.
Side \$4 Full \$7
Add chicken \$4.50

CAESAR SALAD

House-made Caesar dressing, crisp romaine, garlic croutons, topped with shaved parmesan.
Add chicken \$4.50 Add salmon \$9

\$11

CHICKEN AND RICE SOUP

Pastured chicken, sprouted brown rice, carrots, celery, onion, and greens in our house-made bone broth! Cup \$6 Bowl \$10

LENTIL SOUP

Sprouted lentils, carrots, celery, onions, topped with Greek yogurt and served with a sprouted spelt breadstick. Cup \$4 Bowl \$8

VEGGIE STIRFRY

Cabbage and mixed veggies stir-fried with your choice of miso-ginger or chicken glaze.
Add rice or quinoa \$1.50 Add chicken or beef \$4.50
Add egg \$3.50

\$9

THE REAL BURGER

Grass-fed burger with raw cheddar cheese topped with sautéed mushrooms, onion, and spinach with house-made mayo and a side of fries. Served on a millet roll.

\$15

KIDS MENU

Biscuits and Gravy \$6
PB&J and Fruit \$6
Two Eggs, Toast and Veggies \$6

SMOOTHIES

Green Breakfast Detox Smoothie \$8
Frozen berries, banana, honey and coconut oil
blended with Pure Synergy Greens.

Anytime Energy Smoothie \$8
Kalona Supernatural whole milk, or Malk sprouted
almond milk blended with coconut oil, grass-fed
whey protein, frozen fruit, honey and digestive
enzymes.

COLD BEVERAGES

Locally brewed kombucha. 6oz \$3 16oz \$5
Iced Tea \$3
Iced Coffee \$4
Lemonade \$4
Orange Juice 6oz \$4

LOOSE LEAF HOT TEA

\$3

Green
Peppermint
Turmeric Lemongrass
Red Rooibos
Cough Tea
Mam's Red Raspberry
Hibiscus Orange Delight
Black Spice Chai
Red Rooibos Chai

HOT COFFEE

Drip \$2.50
French Press \$4.50

ESPRESSO

Latte- sm \$4 lg \$5
Cappuccino- sm \$3 lg \$4.50
Macchiato- sm \$2.50 lg \$3.50
Extra shot- \$1
Sub coconut milk- \$2
Flavors- \$1
Mocha, Caramel

JAVAZEN COFFEE INFUSED TEA

\$4.50

Balance: Coffee with Matcha Green Tea & Cacao
Coffee and Tea in Harmony! A complex, smooth,
and indulgent blend offering energy without jitters
or a crash. Balance provides focus and vitality
combined with the pervasive sense of harmony that
empowers you to feel, and perform, your best!

Boost: Coffee with Yerba Mate & Acai
Make Peace with Energy! A dark, earthy, high-
caffeine blend most similar to traditional black
coffee. Boost was created to help you conquer the
toughest case of the Mondays or PR at the gym!

Relax: Decaf Coffee with Rooibos Tea & Goji Berry
There is Power in Calm! A smooth, sweet,
decaffeinated blend that is our most tea-like in
flavor. Relax promotes vitality and an elevated
mind-state. Perfect for unwinding at the end of a
long day, or when caffeine simply isn't necessary.

MIMOSA

\$6

Fresh squeezed orange juice and prosecco.